

# Pop-ular Holiday Traditions

(NAPSA)—Ring in the holiday season with traditions old and new! Traditions are as varied as individual flakes of snow and each offers uniqueness and beauty to those who take part in them. Like the ghosts who visited Ebenezer Scrooge on Christmas Eve, how you celebrate the holiday is influenced largely by your past (heritage and upbringing) and your present (where you live and your current cultural and religious beliefs) and may very well change in the future.

Holiday celebrations may include trees and ornaments, lighting candles, midnight religious services, ringing bells, caroling, parades, running with bulls, riding llamas, roller-skating, gift-giving, ice skating and performances. Equally as varied are the traditional foods that are prepared from suckling pig, shrimp on the barbie, oyster stew, red snapper, shark fin soup and chicken paprikash to latkes, gingerbread houses, black-eyed peas, chestnuts, pecan pie, plum pudding, rice cakes and tamales.

Clearly, different cultures, regions and religions celebrate the holiday with unique sets of symbols and rituals. But there's no denying the universal feeling that this is, indeed, a special time of the year. This holiday season, as you gather with friends and family, celebrate with your own traditions old and new.

## Holiday Popcorn Snowman

**10 cups popped popcorn**

**1 (1-lb.) package large marshmallows**

**¼ cup (½ stick) butter or margarine**

**1 teaspoon vanilla**

**Decorations: sprinkles, licorice, gum drops, cinnamon candies, etc.**

• **Melt marshmallows and**



**butter in a large saucepan. Remove from heat and stir in vanilla. Let stand for 5 minutes.**

• **Pour over popcorn and stir. Butter hands well and form popcorn into balls. Decorate as desired.**

**Yield: 10 balls, 5 Snowmen (2 balls each)**

**Nutritional Information: (Based on 1 serving)**

**Total Calories 490; Total Fat 15g; Cholesterol 25mg; Sodium 170mg; Carbohydrate 85g; Fiber 2g; Sugars 54g; Protein 5g**

**Note: Analysis does not include decorations**

## Holiday Popcorn Garland

Using an embroidery needle, tie a knot at the end of a long piece of strong thread. Push the needle through the center of a piece of popcorn and repeat. Alternate pieces of cranberries after a select number of popcorn kernels, for example, after every seventh popcorn kernel sew in a cranberry. When the garland reaches the desired length, tie a knot at the other end. You may find it easier to use “day-old” popcorn (if there is such a thing!) for the garland. Use fresh popcorn for snacking.

For more great popcorn recipes, visit [www.popcorn.org](http://www.popcorn.org).